

NAFLD the coming global epidemic and health crisis, Egypt on the map

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The ancient Egyptians were black Africans displaced by later movements of peoples, for example the Macedonian, Roman and Arab. Arab invasion do not seem to account more than 15% of modern Egyptians. Because the epidemiology and demographic characteristics of NAFLD vary worldwide we aimed to identify the risk factors of NAFLD among Egyptians. We had conducted a lot of researches regarding genetic polymorphism of the following: TNF- δ G238A, PNPLA3, PPAR-gamma, Resistin & Adiponectin receptors gene liver expression. Also, we had worked on insulin resistance in non-diabetic patients with NAFLD, Total lipid profile, conjugated linolenic acid (omega 6), and intestinal microbiota. Our results showed that; Egyptian with different grads of NAFLD identified by NAS score in liver biopsy had significant TNF- δ G238A, PNPLA3 polymorphism and Resistin receptors gene liver expression in NASH patients. In Egypt a high BMI and insulin resistance level in non-diabetic patients with NAFLD and NASH even highest worldwide. Triglycerides was significantly high HDL-c was low in NASH patients and we had low level of conjugated linolenic acid in NAFLD patients getting more worse with the severity of the disease. CD163 and LPS were significantly higher in patients with NASH prove the relation of intestinal dysbiosis and NASH. Egyptians had many genetic polymorphism related to NAFLD incidence and disease severity, in Egyptian obesity and highest insulin resistance as main risk factors for NAFLD even in non-diabetics and deficient conjugated linolenic acid had a role in NASH progression also modification of intestinal microbiota is a must to improve NAFLD.